

Volume 4, Issue 4
1 APRIL 2010

Civil Air Patrol/Cape May



CAPE MAY COUNTY SQUADRON CIVIL AIR PATROL

SQUADRON

From the Commander

Spring is finally coming, soon there will be no more winter weather to deal with. Now is a good time to check your ES Gear. Replace your batteries in all of your equipment and ensure you clean out and sanitize your canteens or camel backs for your safety. Make sure you have your Delorme Atlas in your gear, your first aid kit is still good, and compass is not broken. Being fully ready is vital when and if we get the call to go. As a reminder, please finish up your ICS-100 and 700 courses to be compliant, and remember to upload your photo and personal characteristics into E-services so your information remains current.

Our Aerospace Education classes are going well and the cadets and seniors are busy learning new ideas and ways to be safe while flying. Thanks to 2Lt Williams on doing a great job with this program. LtCol Barrett is an outstanding assistant who has a vast amount of flying time and brings a professional ethical and attitude to our squadron that is passed on to all our members. Hopefully soon, we will be up and flying our cadets through Cadet Orientation Flights. Sign up to fly with 2Lt Williams for your fun adventure in a CAP airplane.

For those members who do not possess a Radio Operators Card,

Captain Rambo is going to be working with you to teach you the required skills and knowledge you need to operate, talk, and understand the way to communicate using a radio and have the confidence to do so.

We are in the process of streamlining our Cadet Program here at the squadron. We are relaxing some of the added requirements from the past and this will assist you in becoming promoted faster. Even though we are relaxing some added requirements, you will still be required to write a newsletter article every so often; this keeps you in the practice of writing and expressing your thoughts on paper, a necessary skill for adults. This is the time to make sure that you qualify for the Cadet Basic Encampment coming this summer. Basic Encampment is the first step needed to attend Wing and Regional as well as National Activities. I surely hope that you start to look at the requirements and make sure now that you can attend, this course is required for all cadets to become a Cadet Officer through the Mitchell Award. So you might as well complete it now instead of later when you realize later that you did not attend.

Finally, summer is coming up soon and before you know it, it
(Continued page 2)

will be here. Do not let the time go by idly and let your hard work so far go away, continue to promote, advance in your specialty or get another advance in grade. Time has a habit of passing by quickly, so don't get caught up with other things going on, organize your time, work on CAP stuff a little at a time and complete those long ago tasks and courses, so this spring or summer you can be advanced or promoted. Organization is the key.

“SEMPER OPTIMUS”

**Major Kevin L. Barstow, Sr.
Commander, NJ-009**

Promotions

C/Craig Coughlin to C/CMSgt

C/John Edwards to C/SSgt
Wright Brothers

C/Sullivan Edwards to C/Amn

C/Ray Gradwell to C/SrA
Mary Feik

C/Dylan Rutherford to C/CMSgt

Congratulations!

HAPPY BIRTHDAY!

Major Rich Fellows



Anniversaries

C/SrA Adam Alexander

Upcoming Events

16-18 April-GTM3 Weekend

Cadet Staff

The Civil Air Patrol as you know is an all volunteer organization. The fuel and lifeblood of it is recruitment. This is a big issue that we need to come together and create a plan to boost recruitment. We have 17 cadets in our squadron, only 13 are active members. To make their meetings more fun and create a more constructive environment we need to recruit more cadets to further fuel growth.

C/SSgt John Edwards

From the Chaplain

April showers they say bring May flowers. In Civil Air Patrol, April has many seeds of opportunity sown – orientation flights, gliders, rockets, search and rescue training coming up - while rain, in the form of the Moral Leadership lessons cadets find themselves, seems to shower us with inner direction to grow into our May events. What great opportunities each month has for us in CAP; but this April the weather is calling us back outside to go fly and train. Let's bring our lessons of integrity and loyalty to the garden of life and allow the fruitfulness of this April to rise up new hopes and new goals.

Why not invite a friend to join us some Thursday evening and consider making their summer bloom with new life.

New life in the Christian tradition this month has many sharing the eternal hope found in Easter's Risen Lord, after the dehumanizing suffering on the cross Good Friday, that invites all people to pour themselves out as a gift to all of God's people in the garden of life.

LtCol Miles Barrett
Moral Leadership/Character Development Officer NER NJ-009



Personnel/Administration

As a reminder, all forms that are submitted must be typed. The forms are available in MS Word format on the NHQ website. When printing a 2 sided form, print it on both sides of a single sheet of paper.

When submitting a completed form by e-mail, scan the form and save it in the Adobe Acrobat (.pdf) format.

Professional Development

The CAP Senior Officer Course (AFIADL-13) administered by the USAF is no longer available. It has been replaced by the CAP Officer Basic Course administered by CAP NHQ. Enrollment information can be found on the CAP University website, http://members.gocivilairpatrol.com/cap_university/officer_basic_course.cfm

This course is required for completion of Level II of the Professional Development Program. Any officer who has not completed the CAP Senior Officer Course (AFIADL-13) should sign up for this course.

Richard A Simon, Lt Col, CAP
DPA, DA, IT, PDO NER-NJ-009

Cadet Program

Summer is right around the corner again... have you thought about going to a summer activity? There are dozens to choose from and all are fun, exciting and a great way to make new friends in CAP. These activities are designed to help motivate you in the Cadet Program, but first, you need to go to Basic Encampment. Basic Encampment is a scaled back form of "Boot Camp". Encampment is very fun and challenging. It provides cadets with the best opportunity to use the basic knowledge they learned and adds a better understanding of not being alone. If you are interested in attending, please be sure to visit this web site:

<http://encampment.njwg.cap.gov/>

for all of the necessary details about Encampment. If you have not gone yet, you are only missing a great summer activity and a chance to advance yourself into the Cadet Officer Corps. If you have any questions regarding Encampment, please speak to any cadet that has gone or visit the website.

**Capt Tony Simon
Deputy Commander for Cadets
NER NJ-009**

A Note From Supply

Uniforms issued by USAF are accountable. When personnel leave, squadron uniforms will be turned in. This is a Must! If you have any questions, see Supply.

**Maj Wayne Ingling, Supply Officer
2Lt Evan Kooker, Assistant Supply Officer
NER NJ-009**

Communications

Communications in March

Group 225 had successful COMX this month. In part due to the hard work of the squadron commander Maj Barstow and myself. We needed a new HF antenna , called a Dipole Antenna. The old antenna was damaged in the high winds. Most often the wind speed is hurricane force (cat one). The whip antenna used at IC commander's house was installed at the squadron also. This antenna needs the base to be painted and to be straighten up. This will be accomplished in warm weather. Now if this had been a natural disaster, the squadron radios are ready. I would like to take time in thanking Maj Barstow for sacrificing his vacation time to make this mission successful !

Captain Rambo
Communications Officer
NER NJ-009



Support Search & Rescue

GET LOST !

Hello everyone, I want to talk about something a little different than Emergency Services.

I would like to talk about BASIC ENCAMPMENT! I would really like to see as many cadets attend this year's encampment as possible. The New Jersey Wing Encampment is currently scheduled from 7 Aug thru 14 Aug 2010. Without attending encampment, your opportunities in CAP are limited! Almost all of the major CAP/ Wing activities that are coming up will require you to have attended Basic Encampment-the GTM3 weekend this month is one example. Also by attending you open up yourself to be able to attend NATIONAL ACTIVITIES!

2Lt Evan Kooker
Emergency Services Officer
NER NJ-009

Health Services

It has been a cold wet winter, but the weather may turn sharply warmer soon and all those little deer ticks will wake up and want to eat. Don't be on their menu. Know the signs and symptoms of this disease and how to prevent it. According to the Centers for disease Control and Prevention:

Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans by the bite of infected blacklegged ticks. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks; laboratory testing is helpful in the later stages of disease. Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics.

Steps to prevent Lyme disease include using insect repellent, removing ticks promptly, landscaping, and integrated pest management. The ticks that transmit Lyme disease can occasionally transmit other tick-borne diseases as well

These ticks are found at the edges of tall grass and jump on you as you brush or walk past. It is important to have your trousers bloused properly in your boots and to carefully inspect yourself at the end of any day you may have been exposed. You have up to 24 hrs before the tick regurgitates its blood feast and infects you so always check. If you find a tick have it removed properly and save it for possible later testing.

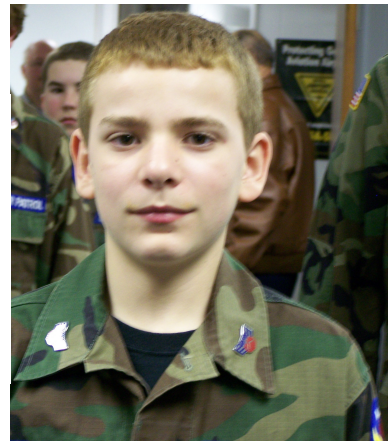
Always notify an adult if you suspect any contact with ticks

Major Richard Fellows
Health Services Officer
NER NJ-009



Photos from our meetings and promotions.

Congratulations to all who promoted!



From the Cadets

Sorry that I've missed Civil Air Patrol for the past month. Cadet Rhile, Peteani, and I have been working on the Middle Township Middle School Drama production. I can't wait to get back to CAP this week.

C/Amn Benjamin Conlin

I just finished my ICS 700! It took a while but I learned a lot. It was very interesting and I struggled through some of it, but now I have both ICS 100 and 700.

C/SrA Ray Gradwell

How is everyone doing. I hope you all feel great, because I am happy to report that I am quickly approaching the ability to jog again. Unfortunately, at this week's PT, I'll still be on the sidelines, but I look forward to seeing all of you excel at your level of PT requirements as I have seen a solid improvement in overall PT performance. We are also catching up in the required testing area, something that the cadet staff will begin to push again, seeing as not all mandatory courses are done. As far as ES goes, I am hoping to get outside for some serious training. As my hiking abilities improve, I would like to see cadet ES Skills improve. See you all Thursday.

C/CMSgt Craig Coughlin

The past few weeks of Civil Air Patrol have been real fun. We cleaned out the squadron of all the mess and clutter and rearranged the cadet side to make the room more "user friendly." With the good weather coming our way, the cadet staff and I will be learning about Honor Guard drill and will be teaching it to the cadets in our squadron. I feel that the cadets need more education and experience in drill and ceremonies so we can begin to use color guards and have flag raisings for opening formation. I was recently promoted to Chief Master Sergeant. With this promotion comes

with a high level of responsibility and duties; I plan on fulfilling those duties and responsibilities. Only one more promotion until 2Lt and I can't wait much longer.

C/SMSgt Dylan Rutherford

So far, CAP has been a learning experience. I recently passed my Aerospace Module 1 test. One of the things that helped me pass was my research paper for school that I chose to write based on information in the book. I got a good grade on my research paper and a passing grade on my test so I am pretty happy.

C/A1C James Loftus

Right now, I am home on break from the Air Force Academy. The first year at any service academy is very difficult, and the Air Force Academy is no exception. During the past nine months as a fourth class cadet, my classmates and I have experienced a great deal of hardship. Two weeks ago, the year culminated in the event of Recognition. The purpose of Recognition is to test fourth-class cadets, and push them beyond their mental and physical limits. It was the hardest 48 hours of my life. The physical demands were extremely intense, as was the mental pressure. Fortunately, I survived, and I can now enjoy feeling like a person again. Being a cadet at the Air Force Academy is still very difficult, but it has become much better.

Going to the Air Force Academy is a very rewarding experience. However, it is also very difficult. Becoming a cadet takes a great deal of hard work, as well as academic and physical preparation. However, it is definitely worth it. So if you are thinking of applying to a service academy prepare well in advance.

United States Air Force Academy
C4C Tristan Kooker
(CAP C/Capt)